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Subject: "Another Cereal Food." Information from the Bureau of Home Economics,
U.S.D.A.

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When you are economizing on food, when you are planning a low-cost diet for your family, count on cereals. Use cereal products often and generously. That's the advice of the nutritionists. Plenty of reasons why. Cereals are some of mankind's tried and true friends. They are among the oldest and most widely used foods. Some kind of cereal grain grows in every part of the world except the Arctic. And cereals generally are easy to grow. In every country cereals are stand-by foods. They are probably our cheapest source of energy. And they provide not only calories but other valuable nutrients. Cereals are dry and compact; therefore, easy to keep. They are easy to digest--good for all ages. They are generally liked. And they have countless uses. We use cereals in breads, cakes, biscuits--in fact in any dough or batter mixture. We use cereals as a porridge for breakfast or a starchy vegetable at dinner or with fruit and sweets for dessert. The starch in cereals makes them useful to thicken soups, sauces and desserts. The bland flavor allows them to combine well with foods having a more definite flavor, like meat, cheese, vegetables or fruits. These are a few reasons why cereals are food bargains. Probably the whole-grain cereal products are the best bargains, especially for a low-cost diet. Whole cereals supply more protein and minerals and more vitamin B than the refined products.

Of course, you know how important variety is in any diet. And you know that it is especially important -- for the sake of appetites -- in a low-cost diet. Yet variety is sometimes difficult to get when you must depend entirely on inexpensive foods. One way to vary your meals is to use different cereals and use them in different ways. For example, suppose you are having corn muffins or hominy for breakfast. Then you might have whole wheat or rye bread for lunch. And for dinner you might serve a rice main dish and perhaps oatmeal cookies for dessert.

We have already talked over ways to use several of the most common cereals. We've talked about whole-wheat dishes, about cooking rice and using cornmeal. But so far we haven't discussed that other valuable cereal product-- oatmeal. Most people think of oatmeal as a winter food. That's because it makes that well known hearty, hot breakfast porridge that sticks to the ribs in cold winter weather. But you can use oatmeal in many other ways than in hot porridge. Many oatmeal dishes are suitable for any time of year--winter or summer. In fact, oatmeal is a year-round food in other countries. In Scotland the most popular oatmeal dish is called "brose"--raw meal hastily mixed with boiling water or broth. The Scotch also make thick cakes of coarse meal which they call "bannocks", and thin cakes or wafers of finer meal. They often cook toasted oatmeal with a little beef or mutton fat and season the mixture with chopped onion, pepper and salt. "Haggis,"

another popular Scotch dish is a hash of oatmeal and chopped meat. In Ireland a favorite dish is "stirabout"--oatmeal and cornmeal stirred into boiling water or whey and milk. The Norwegians have a thin cake called "flat brod" made of ground oats, husk and all, mixed with barley meal and sometimes potatoes and peameal, and baked on a griddle or frying pan.

During the War in this country foods specialists and housewives experimented with different cereals. Lessons learned at that time about good dishes from the various cereals are again useful in these economy days. Specialists at the Bureau of Home Economics worked out some delicious recipes for oatmeal bread, muffins and cookies. Other good oatmeal uses are macaroons, date bars, Scotch crackers and a very inexpensive vegetable chowder that is an excellent main dish for lunch or dinner.

Now a few special points about oatmeal. First, keep it in airtight, moisture proof containers safe from insects. Once upon a time we had to depend on the meal that took hours and hours to cook. Now we can use the quick-cooking or semi-cooked oats which have been put through heated rollers and flattened into flakes. This quick-cooking meal makes a delicious yeast bread if you use part wheat flour. Oats lack the gluten which wheat provides and this gluten has the elastic quality which allows dough to rise. Oatmeal also makes delicious muffins, either with or without dried fruit. But in muffins as in bread, you need to use some wheat flour to make the mixture light. The nutlike flavor of oatmeal which develops in baking combines well with the flavor of molasses. So many of these oatmeal recipes contain molasses. You'll use molasses for the sweetening in oatmeal bread, in muffins and in some oatmeal cookies. Oatmeal macaroons is one of the easiest of oatmeal dishes, just a mixture of oatmeal, egg and sugar, dropped in spoonfuls on a greased pan and baked.

Time for our Monday economy menu. Here it is. Cold sliced tongue with some of your homemade chopped mixed relish; then, Creamed potatoes with new green peas; Oatmeal bread or oatmeal muffins; for dessert, Fresh pineapple or other fresh fruit in season.

Here's the special recipe for oatmeal yeast bread. Eight ingredients, here they are:

2 cups milk	2 teaspoons salt
2 cups rolled oats	1/4 cup lukewarm water
2 tablespoons molasses	1 cake compressed yeast
2 tablespoons fat	5 cups sifted wheat flour

I'll repeat that list, (Repeat.)

Scald the milk, add the rolled oats, molasses, fat, and salt. When cool, add the yeast which has been softened in the water, and the flour. Knead well, working in a little more flour if necessary. Grease the surface of the dough, cover, and put in a warm place to rise. When double in bulk, knead again and put into greased bread pans. Cover, and when again doubled, bake at an oven temperature about 375°F. for 45 to 50 minutes.

Tomorrow: "Color Helps Keep Food."

